



# Belleville Freedom Peer Support Centre

Monday - Friday 10AM - 3PM

Saturday 9AM - 2PM

391 Front Street

(613)969-1772/bfsc@psseo.ca

JUNE

Su	Mon	Tue	Wed	Thu	Fri	Sat
					1 10:30 AM Garden Club 12:00 PM Lunch 1:00 PM Bingo	2 9:30 AM Mindful Relaxation 11:30 PM Lunch 12:00 PM Netflix
3	4 10:30 AM Weekend Wrap-Up 12:00 PM Lunch <b>1:30 PM CLOSED</b>	5 <i>World Environment Day</i> 10:30 AM Horoscopes 12:00 PM Lunch 1:00 PM Arts & Crafts	6 10:00am Life Skills <b>10:30 AMHS Clinic</b> 12:00 PM Lunch 1:00 PM Chess	7 10:30 AM Cards 12:00 PM Lunch 1:00 PM Bored Games	8 10:30 AM Garden Club 12:00 PM Lunch 1:00 PM Bingo	9 9:30 AM Mindful Relaxation 11:30 PM Lunch 12:00 PM Netflix
10	11 10:30 AM Weekend Wrap-Up 12:00 PM Lunch <b>1:30 PM CLOSED</b>	12 <b>10:30 AM Centre Meeting</b> 12:00 PM Lunch 1:00 PM Arts & Crafts	13 10:00am Life Skills <b>10:30 AMHS Clinic</b> 12:00 PM Lunch 1:00 PM Chess	14 10:30 AM Cards 12:00 PM Lunch 1:00 PM Bored Games	15 <i>National Smile Power Day</i> 10:30 AM Garden Club 12:00 PM Lunch 1:00 PM Bingo	16 9:30 AM Mindful Relaxation 11:30 PM Lunch 12:00 PM Netflix
17	18 10:30 AM Weekend Wrap-Up 12:00 PM Lunch <b>1:30 PM CLOSED</b>	19 10:30 AM Horoscopes 12:00 PM Lunch 1:00 PM Arts & Crafts	20 10:00am Life Skills <b>10:30 AMHS Clinic</b> 12:00 PM Lunch 1:00 PM Chess	21 <i>International Yoga Day</i> 10:30 AM Cards 12:00 PM Lunch 1:00 PM Bored Games	22 10:30 AM Garden Club 12:00 PM Lunch 1:00 PM Bingo	23 9:30 AM Mindful Relaxation 11:30 PM Lunch 12:00 PM Netflix
24	25 10:30 AM Weekend Wrap-Up 12:00 PM Lunch <b>1:30 PM CLOSED</b>	26 10:30 AM Horoscopes 12:00 PM Lunch 1:00 PM Arts & Crafts	27 <i>National Sunglasses Day</i> 10:00am Life Skills <b>10:30 AMHS Clinic</b> 12:00 PM Lunch 1:00 PM Chess	28 10:30 AM Cards 12:00 PM Lunch 1:00 PM Bored Games	29 10:30 AM Garden Club 12:00 PM Lunch 1:00 PM Bingo	30 9:30 AM Mindful Relaxation 11:30 PM Lunch 12:00 PM Netflix